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Claims:

5 1. A drawer guide rail assembly mounted for a guided and stabilized in and out movement with respect to a furniture member comprising:

a fixed guide for attachment to an inner sidewall of the furniture member and having at least one running surface; wherein the running surface is a T- shaped flange extending upwards;

an intermediate pull out channel section capable of sliding back and forth relative to said fixed guide on said running surface of said fixed guide; the upper surface of said intermediate pull out channel section providing a second running surface and housing a first roller bearing unit;

an outer pull out channel section for attachment to the undersurface of a drawer capable of sliding back and forth on said intermediate pull out channel relative to said intermediate pull out channel section and for housing a second roller bearing;

a stabilizing means positioned between said intermediate pull out channel and said outer pull out channel;

first and second roller bearing fitted within the respective channels in a manner whereby each of said roller bearing prevents lateral movement within said guide rail.

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- 2. The pull out guide as claimed in claim 1 wherein the stabilizing means is in the form of a metal sheet having inclined sides.
- 3. The pull out guide as claimed in claim 1 wherein the stabilizing means is detachable.
- 5 4. The pull out guide as claimed in claim 1 wherein the fixed guide is an L- shaped bracket provided with a running surface.
 - 5. The pull out guide as claimed in claim 1 wherein the intermediate and outer pull out guide has a C- cross section.

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6. The pull out guide as claimed in claim 1 wherein the roller unit comprised of several cylindrical roller bodies held by a suitable receptacle.